

Newborn Nurslings

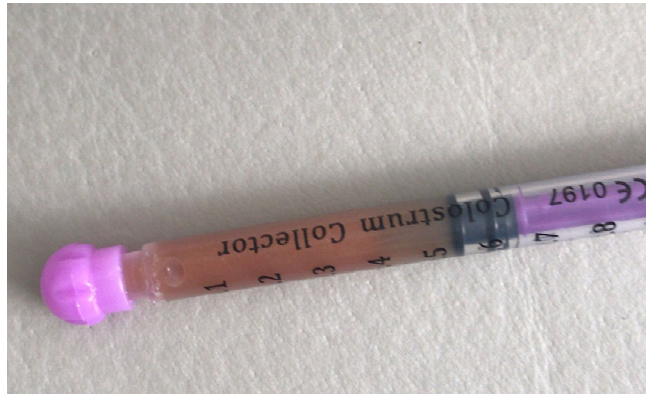


How to express by hand

- ♥ Find the right spot
- ♥ Make a 'C' shape with thumb and fingers
- ♥ Squeeze gently
- ♥ Get a rhythm going
- ♥ Collect small drops straight into a 1ml syringe/on to a clean spoon
- ♥ Rotate around the breast
- ♥ Move to other breast



These syringes can then be given to the baby if needed – it is better for the baby to latch and feed directly whenever possible



Colostrum

Colostrum/Milk storage

Storing Colostrum/Human milk

You can store breast milk in a sterilised container or in special breast milk storage bags:

- ♥ in the fridge for up to 8 days at 4C or lower (you can buy fridge thermometers online) – if you're not sure of the temperature 4C, use it within 3 days
- ♥ for 2 weeks in the ice compartment of a fridge
- ♥ for up to 6 months in a freezer, if it's -18C or lower

Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours. Storing breast milk in small quantities will help avoid waste. If you're freezing it, make sure you label and date it first.

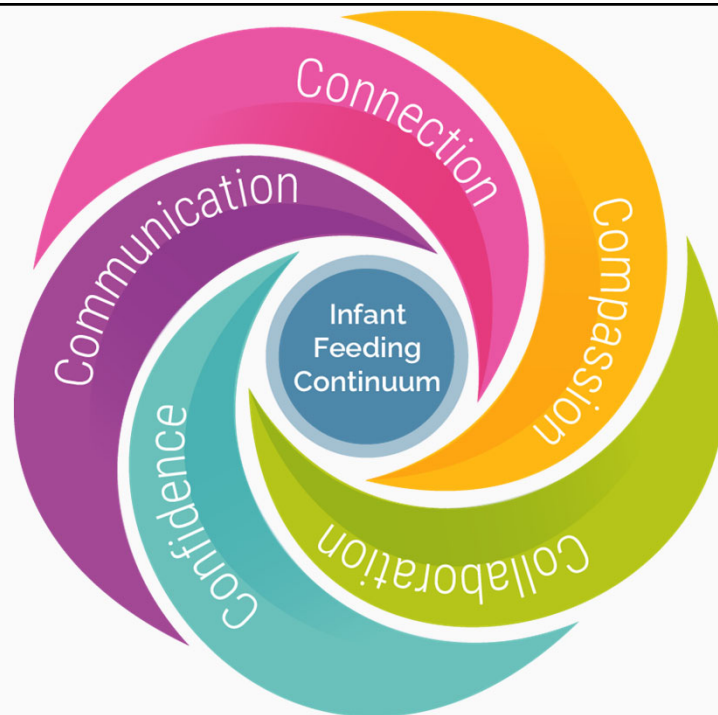
- ♥ Skin-to-skin contact at birth if possible
- ♥ Hand express as soon as possible after birth
- ♥ Express at least 6-8 times (preferably 8-10) in 24 hours, including at night
- ♥ Hand express for first few days, then combine hand and pump

When a baby can't breastfeed



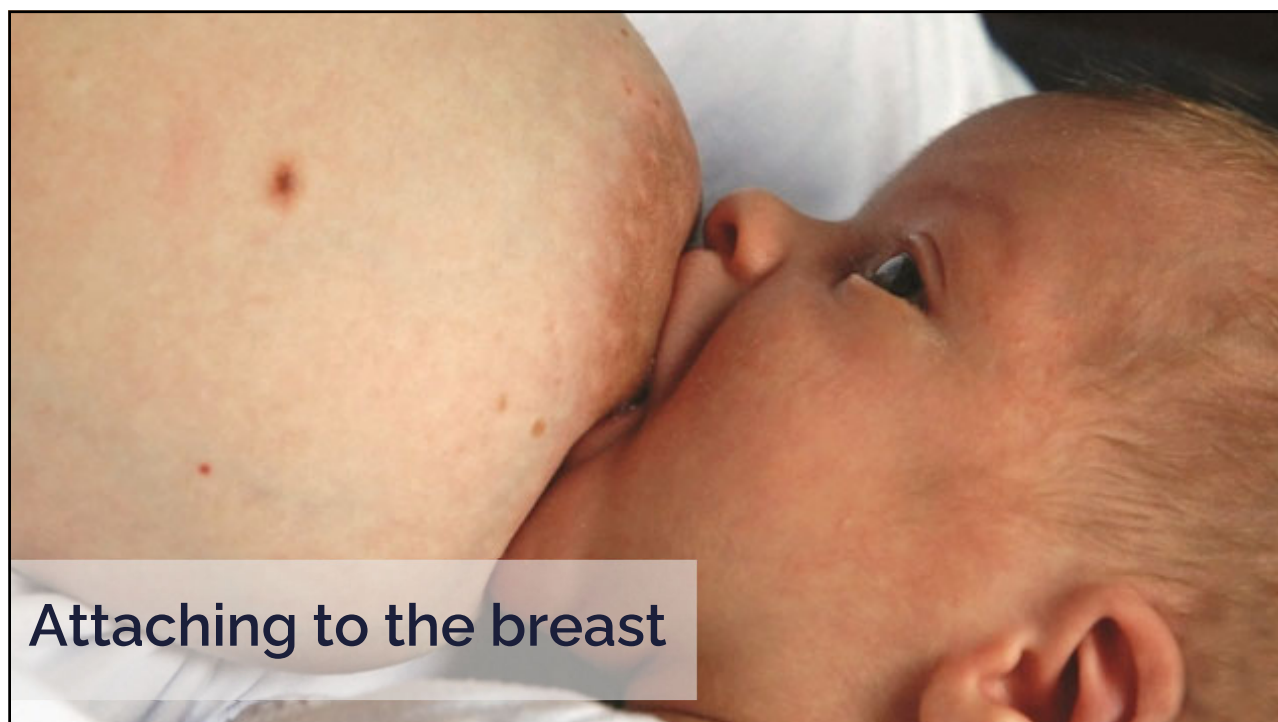


How long
can a healthy
newborn
baby not be
fed for and
why?



Nipple to nose





Nipple shape

